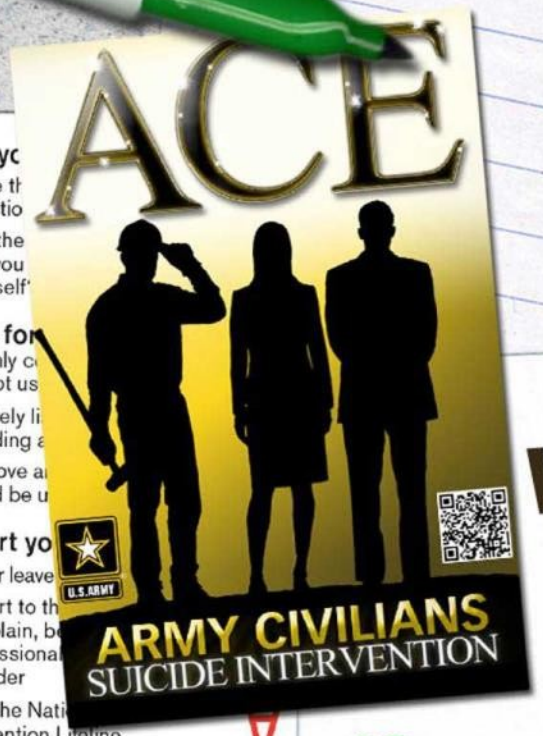
Suicide rate rising in U.S. – an issue that touches all of us!

# ACE

for Army Civilians

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National Suicide Prevention Lifeline:
1-800-273-8255(TALK) PRESS "1" for the Veteran's Crisis Line

**Working Together to Prevent Suicide**

# Army Response

## SUICIDE

Significant Army focus since 2009.....

- Increased Research
- Changed policy and programs
- Changed SF86 Question 21 so that mental health counseling does not, by itself, prevent security clearance
- Revamped training
- Increased resources

....many are available to Army Civilians

-In 2010, 10th leading cause of death in U.S.

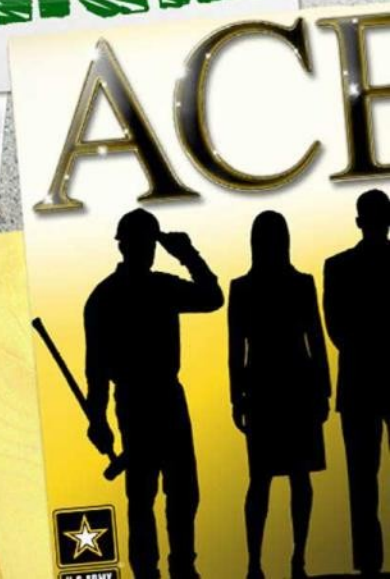
-For ages 35-64 rate rose 28% from 1999-2010

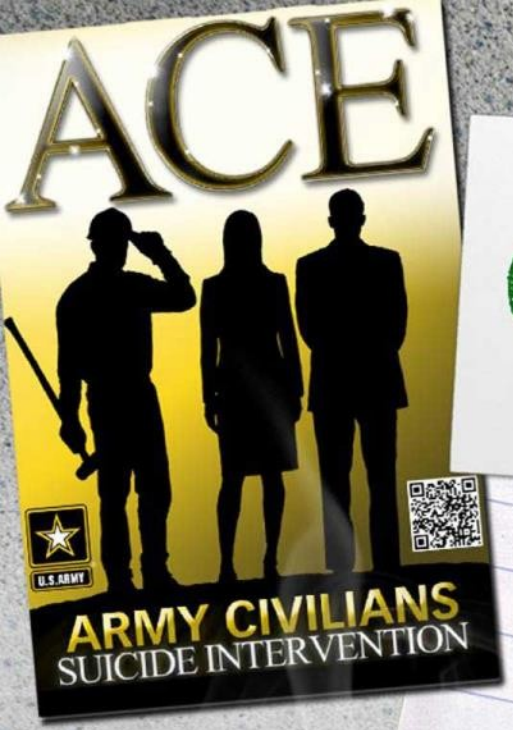
Your co-worker
• Have the courage to ask the question, but stay calm
• Ask the question directly: Are you thinking of killing yourself?
Care for your co-worker
• Calmly control the situation; do not use force; be safe
• Actively listen to show understanding and produce relief
• Remove any means that could be used for self-injury
Escort your co-worker
USAPHC
http://phc.amedd.army.mil/
provider
Call the National Suicide Prevention

How can Army Civilians help prevent suicides?

- ✓ Learn about risk and protective factors.
- ✓ Recognize warning signs
- ✓ Use Ask Care Escort (ACE) method
- ✓ Know where to get help!

# Role of Army Civilians






# Objectives

Demonstrate understanding of the Ask Care Escort (ACE) method of suicide prevention

a. Describe risk and protective factors
b. Recognize warning signs
c. Define three steps of the ACE method
d. Describe the Army Civilian's role in reducing stigma
e. Identify emergency and non-emergency resources.

# Risk Factors

- Failed relationships
- Family history of suicide
- Prior suicide attempt
- Mood disorders (depression / Post Traumatic Stress Disorder)
- Financial/Employment Stress
- Drug/Alcohol abuse
- Access to lethal means
- Legal problems
- Poor social skills

# Protective Factors

- Strong relationships (family, friends, groups, church)
- Available health care (physical/mental)
- Coping/problem solving skills
- Belief in a higher power, faith
- Getting help when needed
- Strong values (personal/professional)

✓ Mitigate risk

✓ Strengthen protective factors

Talk to others – Put the pieces together!!
Warning Signs
Alcohol or Substance Abuse
Talk about killing oneself
Feeling hopeless, helpless, sadness
Mood changes
Giving things away
CHANGES IN BEHAVIOR
Relationship Issues
Financial or Legal Problems
Withdrawal from friends and family
Disturbing texts, posts, emails, pictures
A
Ask your co-worker
Escort your co-worker
• Never leave your co-worker alone
• Escort to the supervisor, Chaplain, behavioral health professional, or primary care provider
USAPHC
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# Group Exercise

- ✓ Read scenario
- ✓ Decide on group answers
- ✓ Review prior slides as needed

- What things do you see in this hypothetical scenario that cause you concern?
- Are there any protective factors?
- Are there risk factors?
- Do you see any warning signs of immediate suicide danger?
- If you were this person's co-worker or supervisor what would you do?

# ASK

**LEVEL 1**

How was your trip?
How was your weekend?
How is your family?
How is work?

**LEVEL 2**

You seem upset... down...
what is worrying you?

**LEVEL 3**

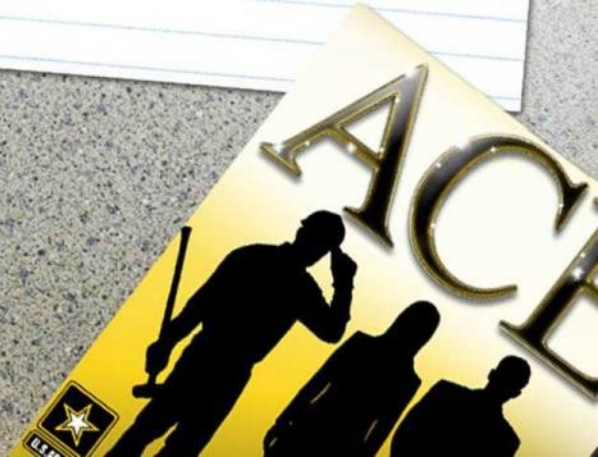
What can I do to help you?

**LEVEL 4**

Are you thinking about killing yourself?

ASK CARE ESCORT

How do I ASK?



LEVEL 1
You're not alone.
I'm here for you.
LEVEL 3
Let me make sure I understand, do you mean...?
(Using Active Listening shows CARE!)
LEVEL 2
I may not understand exactly how you feel, but I do care and I want to help.
LEVEL 4
Please don't hang up. I want to help.
(Keep them talking. Find out where they are and SEND HELP!)
Care
ASK CARE ESCORT
How can I show CARE?

Need
two
volunteers
for active listening
demo!
BREAK

# Active Listening

Show the speaker you are trying to understand and you CARE about what they are saying...

## Good active listening techniques

- √ Face the person--make eye contact
- √ Stop doing other things—pay attention!
- √ Give non-verbal feedback to show you are listening (nod or say 'okay')
- √ Give verbal feedback
  - Ask questions
  - Reflect back in your own words to be sure you understand correctly, say... 'I hear you saying you are really worried about your financial situation' or 'sounds like you need time to settle personal matters before you can focus on work'

# Escort

**LEVEL 1** **In a suicide crisis, use <u>emergency</u> resources!**

DO NOT leave a person in a suicide crisis alone— not even for a minute!

**LEVEL 2** ESCORT the person to the ER, or doctor. But don't force them!

**LEVEL 3** If they won't go, call help to come to you. Dial 911.

**LEVEL 4** If you are on the phone or texting, KEEP THEM TALKING. Find out where they are. Send help!

ASK CARE ESCORT

**How do I ESCORT?**

- Read hypothetical scenario.
- Take turns playing the role of the person who is at risk and the person who is concerned (co-worker/supervisor).
- Use the ACE method (ASK CARE ESCORT) to respond to the situation.
- Remember to use Active Listening!

If needed, review the ACE method Slides, or the Active Listening slide!

(Slides 8, 9, 11, & 12)

Role Play

WHY is it hard to ask about mental health /suicide?

---Fear of intruding in a person's privacy ---Fear of overreacting and looking foolish ---Fear of offending— ---Fear of suggesting

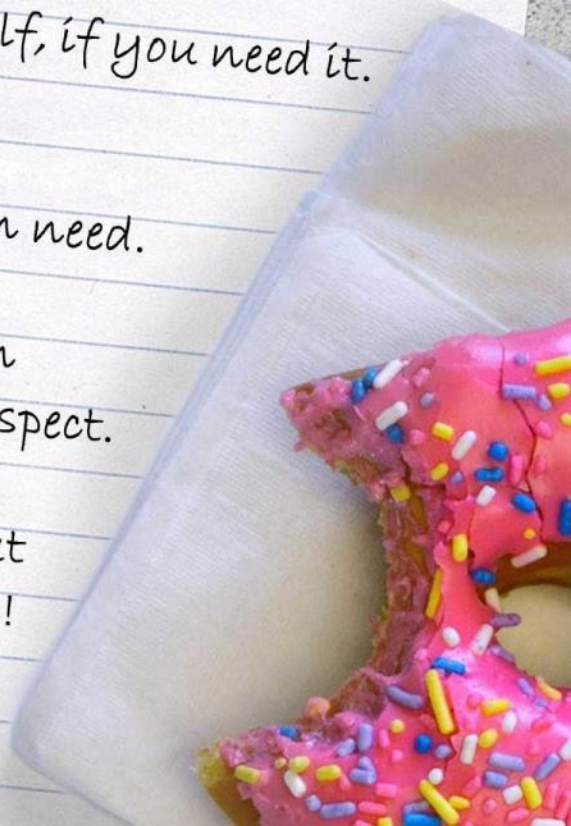
# Stigma

**Stigma –** belief that getting help will cause others to think less of you.

Stigma isolates ...makes problems LARGER!

## WAYS TO REDUCE STIGMA

- ✓ Don't tolerate bullying or embarrassing people.
- ✓ Get help yourself, if you need it.
- ✓ Offer to help someone in need.
- ✓ Create /Maintain climate of trust / respect.
- ✓ Talk openly about mental health issues!



# Resources

## In Emergency:

--911 or emergency services
--ER or Urgent Care
--Doctor
--National Suicide Prevention Lifeline

National Suicide Prevention Lifeline
CONUS : 1-800-273-TALK (8255)
Europe 00800 1273 8255 or DSN 118 Korea
0808 555 118 or DSN 118
OEF ROSHAN: 070-113-2000, wait for dial tone and dial 1-1-1;
DSN/NVOIP 1-1-1 or 318-421-8218.

## Non-Emergency Counseling or Information

–Your Healthcare Provider –check insurance provisions– Federal Employee Health Benefits Program at http://www.opm.gov/insure/health/
–Employee Assistance Program (EAP) http://cpol.army.mil/news/201112/Wellness-EAP.html
–Army Suicide Prevention Program (ASPP) Resources at www.preventsuicide.army.mil
–DoD Suicide Prevention Office (DSPO) Resources at http://www.suicideoutreach.org/
–Army Community Service (ACS)
–Community Resource Guides [see US Army Public Health Command (USAPHC) website or on the homepage of most Army installations] http://phc.amedd.army.mil/topics/healthyliving/hpr/Pages/CommunityResourceGuides.aspx
– Free apps at Telehealth and Technology (T2) http://www.t2.health.mil/products/mobile-apps
–CSF2 Global Assessment Too l (GAT) 2.0 and CSF2 Army Fit at http://csf2.army.mil/
–For children and adolescents– healthcare provider, school/college counseling resources or EAP to locate other resources

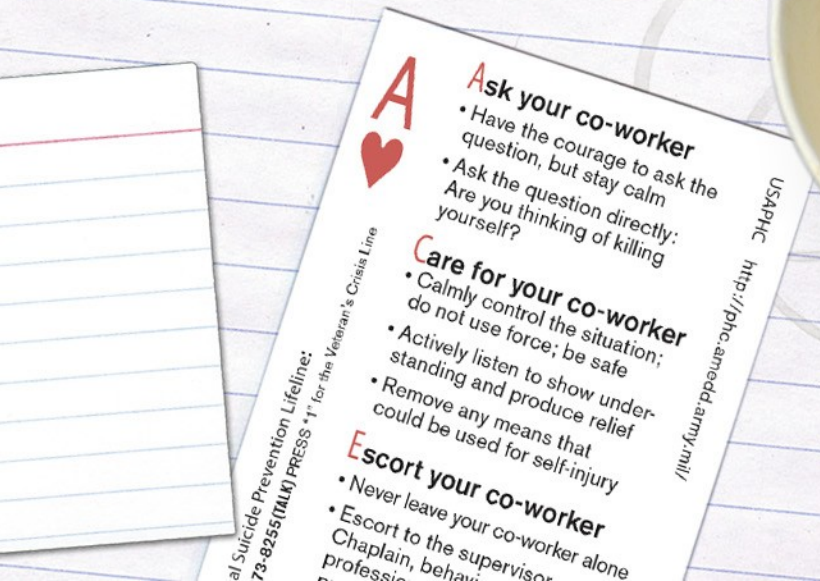
# local Resources

- USE THIS SPACE TO LIST LOCAL NON-EMERGENCY RESOURCES SUCH AS COUNSELING CENTERS, SUBSTANCE ABUSE COUNSELING, ETC.

**Remember** if you are a retiree, veteran, military Family member, or have been deployed for your Army Civilian job, you may be eligible for other military-provided mental health and counseling services such as those from the Veterans Administration (VA) or Military One Source.

**LOCAL EMERGENCY SERVICES:**
(list here...)

**(MOS).**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# Guest SMEs

name / title / organization or area of expertise

Use these spaces to introduce your guest SMEs (name / title / organization or area of expertise).

Delete any text boxes that you do not use.

name / title / organization or area of expertise

name / title / organization or area of expertise

# Q&A

**ASK** --recognize warning signs and ask questions

**CARE** --listen to others, and offer to help

**ESCORT** --stay with the person and get help for them

THANK YOU FOR ATTENDING ACE for Army Civilians!